"The South 40"
by JAMES A. SMITH
EXTENSION AGENT

In the five year period 1970 through 1974 the number of hog farms in Virginia dropped nearly 26%. This is in keeping with the National trend for farms to become more specialized. During the same time frame hog numbers dropped only 9%.

* * *

James J. Kilpatrick writing in the current issue of **Nation's Business** under the headline "The Farmer's Need for a Fair Return" does one of the best jobs that I've seen in a non-agricultural publication.

Kilpatrick points out that farm production costs have exactly doubled since 1967. Farm exports provide our largest source of foreign exchange.

He refers to a recent address given by former USDA Secretary, Butz, "As recently as 35 years ago one American farm worker produced enough for himself and about nine other persons. Today one farm worker produces enough for himself and 50 other persons. On the efficient farms a single worker produces enough food to feed a hundred other persons. We now get our food for a little less than 17 percent of our take-home pay, on average. This compares with 23 percent just 25 years ago. Because we spend only 17 percent of take-home pay for food we keep 83 percent to spend on something else or to save. That's why it's possible in the U. S. for more than 90 percent of our families to have a TV set and about half to have two sets; for some 85 percent of our families to have an automobile and more than 40 percent to have two cars."

Farm prices in 1977 were at roughly 63 percent of the parity index, meaning farmers had the lowest level of purchasing power in 44 years.

Beef cattle producers may want to make note of these dates to plan their marketing: Lynchburg - March 30 and April 13; Farmville - March 31; Amherst - March 31; Lynchburg - Yearling Cattle - Sept. 14; Amherst - Calf - Sept. 29 and Oct. 13; Lynchburg - Calf - Oct. 5 and 26; Farmville - Calf - Oct. 12; Lynchburg - Yearling and Calf - Nov. 9.

Even though the farm population peaked in 1916 when one in three lived on a farm and then dropped to one in twenty-six in 1976, farm accidents are still important.

The latest report (1976) shows there were 5600 deaths and 510,000 farm related accidents in the U. S. The motor-vehicle was the biggest killer taking 2800. Tractor deaths were 6.9 per 100,000 tractors. Of these, overturns accounted for 58 percent.

With much of the ground covered with ice extra care needs to be taken to avoid accidents from walking or improper use of equipmewnt.

People have often remarked how useful trees are for blocking out cold winds. A study from South Dakota relating to plantings around the home and energy costs show: in two identical homes, one of which was exposed and the other protected by various trees and shrubs, wind reduction during the winter months was as much as 71 percent with a saving of 40 percent in fuel consumption for heating the protected homes.

In other tests conducted in less windy climates, the use of trees and shrubs as windbreaks accounted for a saving of 10 percent in fuel bills over the entire winter.

If the windbreak reduces the wind from 12 to 3 miles per hour at 32 degrees Fahrenheit, it will take only half the amount of fuel to heat the house.

PRECIPITATION:

Last Week	.06
This Month	.17
This Year	9.34

STONEWALL

"So teach us to number our days, that we may apply our hearts unto wisdom." Psalms 90:12

Mr. Crawford Davidson is a patient at Lynchburg General Hospital having gone there last Monday. He was somewhat better Saturday.

Mr. Osborne is very ill at his home. So let our prayers go out to each of these fine old men.

Mr. Hugh Braford is still very ill at McGuire Hospital. His wife went to see him Saturday and Sunday.

Mrs. John Alvis, III had her mother and two sisters to visit her Sunday from Fincastle, Va.

Mrs. Barbara Jordon, of Concord, visited her mother, Mrs. Elsie Caldwell Sunday.

Mr. and Mrs. Ben Wheeler, Mr. and Mrs. H. B. Jones and Richard visited Mr. and Mrs. Wheeler Sunday.

Mr. and Mrs. Joseph Hunt, of Charlottesville, and daughter, Vicki, spent the week end with Rev. and Mrs. E. V. Mitchell.

Mrs. Dixie Staton is sick and has been in bed for two weeks. We hope she will soon be better.

So glad we missed the predicted snow for Sunday night.

Mrs. Wilson Garrett, Tracey and Joellen spent last Saturday with Rev. and Mrs. Dennis Moore at Beaver Dam Church.

Mrs. Wilson Garrett will take her mother, Mrs. Juanita Ewers, to Charlottesville to hospital for tests Thursday. Hope she will get a good report.

TWO ACHS STUDENTS REPRESENTED DECA AT REGIONAL EVENTS

Two Appomattox County High School students represented the Appomattox County Chapter of Distributive Education Clubs of America at the annual Blue Ridge Regional Competitive Events for DE held at E. C. Glass High School in Lynchburg on February 8.

They were Linwood Elliott, son of Mr. and Mrs. C. L. Elliott of Route 2, Appomattox, and Gary Tanner, son of Mr. and Mrs. R. H. Tanner of Route 2, Concord.

Gary and Linwood were joined by 200 other DECA members from 32 of the surrounding schools. Gary was entered in the Food Marketing Event because of his work experience at Wilbun's Supermarket and Linwood was entered in General Merchandise event because of his work experience at Webb's Tire Company.

The Appomattox County DECA Chapter is proud to have had two fine students to represent their club.

MARY LOUISE MCCRAW ELECTED SENIOR INVESTIGATOR

FARMVILLE* Feb. 6 - Mary Louise McCraw, a Longwood College senior from Appomattox, was recently elected senior investigator to the Judicial Board, one of the three branches of the college's Student Government Association.

Mary, daughter of Mr. and Mrs. Emmett L. McCraw, is a 1974 graduate of Appomattox County High School. She is a physical education major at Longwood.

The Student Government Association of Longwood is a three-branch body consisting of the Legislative Board, the Judicial Board, and the Residence Board. Each branch carries out its duties through members elected by the student body. These three branches functioning together form a vital structure through which student opinion can be channeled.

Funded in 1939, Longwood became fully coeducational in June of 1976, offering residence hall accommodations and all attendant services to both male and female students. A comprehensive institution, the college offers majors in 31 subject areas, as well as professional training for social work, business, the health sciences, and teaching.

Title VI Now Hiring

The Virginia Balance of State Prime Sponsor for programs under the Comprehensive Employment and Training Act (CETA) has unfilled positions which represent immediate employment opportunites for residents of Giles, Pulaski, Floyd, Amherst, Appomattox, Bedford, Franklin and Patrick counties who meet CETA Title VI hiring guidelines.

Persons interested in employment are encouraged to contact the local Virginia Employment Commission office serving your area immediately.

STABLERS & STAPLES on sale at the **Times-Virginian** - Phone 352-8215. 2-9-tf

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Bargains to Make George Smile, Savings to make your Pocket Book Smile. Shop the Clothesline during George Washington's Birthday Sale for Quality Merchandise at Ridiculous Prices.
Men's Corduroy Jeans Reg. $16 Sport Shirts $5.22
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Men's Thermal Underwear 20% Off
Men's Slacks Reg. to $20 $8.22 Reg. to $30 $11.22
Ladies' Dresses Reg. to $20 - $8.22 Reg. to $30 - $14.22 Reg. to $40 - $18.22 Over $40 - $22.22
Long Dresses Devon Mix & Match 33⅓% Off
Ladies' Sweaters Group of Slacks ½ Price
Junior Dresses & Sportswear Reg. to $60 $18.22
Jumpsuits Reg. to $60 $18.22
Rack of Tops Reg. to $19 $8.22
Ladies' Personal & Jantzen Spring Coordinates 22% Off
Ladies' Devon Jantzen, Personal, Mix & Match Group of Skirts ½ Price

HEAR THE SEMINOLE DISTRICT
BOYS' & GIRLS' Basketball Tournament
On WTTX-FM 107.1
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GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

Many questions are raised by homemakers today about fiber in the diet. This week we will continue to share ways you can use bran to increase the amount of fiber you consume.

Casserole Topping

To crisp up a casserole or salad and add food fiber to your diet try this easy CRISP CASSEROLE TOPPING containing wheat bran cereal. Melt 2 tablespoons regular margarine or butter in a small frypan over medium heat and add 1 cup wheat bran cereal. Cook and stir 2 to 3 minutes or until slightly browned. Remove from heat and toss with seasonings such as garlic salt, Parmesan cheese or Italian seasonings. As the mixture cools the wheat bran cereal will become crisp. Sprinkle over salads, soups or creamed vegetables or omit cooking and sprinkle over casseroles to be baked.

This topping adds a nutty crunch to any dish and can be seasoned as desired.

Dessert Topping

Add new crunch to your quick everyday desserts while increasing their food fiber content and nutritional value. Make a batch of CARAMEL CRUNCH TOPPING and keep it right on the shelf to liven up ice cream, pudding, fruit or other desserts. It is also good as an out-of-hand snack. Wheat bran cereal gives this topping a nutty crunch.

To make 2 cups of topping melt 5 tablespoons regular margarine or butter. Remove from heat and add ¼ cup wheat bran cereal, ¼ cup firmly packed brown sugar, ⅓ cup shredded coconut, 2 table spoons regular all-purpose flour, ¼ teaspoon nutmeg and ¼ teaspoon cinnamon. Stir until thoroughly combined. Spread mixture evenly on shallow baking pan. Bake in oven at 350 degrees F. about 8 minutes. Stir once or twice as mixture bakes. The topping will not be crisp while hot but will become crisp on cooling. Cool in the same pan and stir occasionally for the desired consistency of small and large clumps of this toffee-like topping. Store in tightly covered container.

RECIPE OF THE WEEK

Easy Pie Crust

For a tender, rich pastry with a nutty flavor difference try EASY PIE CRUST. Just pat this cookie dough-like pastry in a pie pan, bake and use as a shell for your favorite pie recipes. Each serving, 1/8 of a pie, contains approximately 1 tablespoon wheat bran cereal. To make this pastry, stir together ¾ cup wheat bran cereal and 1 cup unsifted regular all-purpose flour. Cut in ½ cup regular margarine or butter until mixture resembles coarse cornmeal. Add about 2 tablespoons milk, stirring until entire mixture is moistened.

This dough will seem slightly crumbly. Pat into a 9-inch pie pan to make a shell. Prick the bottom and sides with a fork and bake in oven at 400 degrees F. about 12 minutes or until lightly browned. Cool and fill with any cream or fresh fruit filling.

Should you have a homemaking question or problem, call or write the Appomattox County Extension Office. (352-8244 or P. O. Box 488, Appomattox, VA 24522)

TOPS News

The February 9, 1978 meeting of TOPS was called to order by its co-leader Susan Martin. The members all recited the TOPS pledge.

Awards night was presided over by Thelma Knight, weight recorder. Jewelry was presented to the girls that lost the best.

The current contest has been extended to March 8 because of the two nights that the meetings were canceled. These extra few weeks will give the girls a better chance to get more points in the contest. The first prize is $50.00. Second is $25.00.

Susan Martin invited the TOPS members to come to her house on Tuesday nights at 7:00 to exercise with her. Exercise is a lot more fun if it is done with someone else. It is boring if done by oneself but when there is two or more it becomes fun as well and beneficial. Susan says **COME ON DOWN.**

Lions To Conduct Scout Fund Drive

The Appomattox Lions Club has agreed to conduct the 1978 Sustaining Membership Enrollment for the Blue Ridge Mountains Council. Dr. John Fedison, Lions Club President announced that Lloyd Walton will serve as drive chairman. Lloyd is chairman of the Club's Youth Committee. A special division for leadership gifts will be chaired by Watkins Abbitt. The Leadership Gifts Drive will begin February 15. The community drive will kickoff at the March 9 Lions Club Meeting.

The Lions hope to raise $2500.00 to support the Blue Ridge Mountain's Council Program. The council provides many services to help the cub packs and scout troops in Appomattox County. These services include program support activities like camparees, Scout Shows, Cub Day Camps, and Pink Wood Derbies; a summer camp program on the Blue Ridge Scout Reservation; training for adult and boy leaders; Council Office Services including keeping, monthly newsletter; and the services of a professional scouter.

HOLLYWOOD

Rev. W. H. Elder visited Mrs. Virgie Beasley at the Martin Wooldridge Nursing Home one day last week.

Rev. and Mrs. Otis Smith of Charlottsville, Rev. Paul Balthaser, Rev. Clarence Davis, Mrs. J. L. Torrence, Mrs. James Conner, Mrs. Judy Conner, Mr. and Mrs. W. H. Wingfield and Miss Julia Wingfield visited Mrs. W. T. Covington last week at the Lynchburg General Hospital. Mrs. Covington will undergo more surgery today "Monday." Our prayers are with her and her love ones.

Among other relatives of Mrs. W. T. Covington Sunday at the Lynchburg General Hospital were Mr. and Mrs. Robert Coleman and Mr. Calvin Smith.

Among those visiting Mrs. J. L. Torrence last week were Rev. and Mrs. Otis Smith of Charlottesville, Mrs. James Beale, Mrs. Walker Beale and daughter Yvonne Beale.

We are so glad to hear Mr. Vernon Torrence is improving nicely.

Mr. Bob Jenkins and Mr. Thomas Woodall were visitors Sunday afternoon of Mr. H. W. Jenkins.

Visitors in the home of Mrs. Mary Bagby last week were Mr. and Mrs. Richard Webb, Mrs. Scott Sheets, Mr. and Mrs. Alfred Almond, Mrs. Debrious Deaner and Mrs. Raymond Franklin.

Mr. and Mrs. Ray Williams of Lynchburg were visitors Sunday afternoon of Mr. and Mrs. W. H. Wingfield and family

Mr. Walker Webb, Mr. Richard Webb and Monroe Webb were visitors Sunday afternoon of the W. O. Slagles and Donald Webb.

Visiting in the home of Mr. and Mrs. Richard Webb and family last week were Mr. and Mrs. Harvey Young, Mr. and Mrs. Richard Hamilton, Mr. and Mrs. Earl Morris of Lynchburg and Mr. and Mrs. Harold Morris of Appomattox.

Mr. and Mrs. W. H. Wingfield and Miss Julia Wingfield called in the home of Mr. and Mrs. Clem Woodall and family Saturday afternoon.

We are very sorry to hear of the illness of Mrs. Laura Phillips of Lynchburg. She is the mother of Mrs. Clem Woodall. We pray she may soon be feeling better.

Mr. Kenneth Deaner is on the sick list. We pray he may have a speedy recovery.

Visiting Mrs. Mary Bagby Sunday were Mr. and Mrs. L. L. Webb, Mr. and Mrs. Thomas Woodall and Lisa, Mr. and Mrs. W. H. Wingfield, Delorious Ann, Dawn and Kenny Deaner, Mrs. Bill Watson, Julia and Kenneth Wingfield.

Little Andy Balthaser is to undergo surgery this week. We pray he may have a very speedy recovery.

IT PAYS TO ADVERTISE IN THE TIMES-VIRGINIAN

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Jeans REG $5.00 SALE $3.22 $6.00 $4.22 $7.00 $5.22 $8.00 $6.22 $9.00 $7.22
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